

What is claimed is:

1. A system for capturing high-speed motion, said system comprising: a video camera; an infrared strobe light; a circuit connected to said video camera and said infrared strobe light, said circuit configured to fire said infrared strobe light as a result of receiving a signal from said video camera.
2. A system as recited in claim 1, wherein said circuit is configured to fire said infrared strobe light as a result of receiving said signal from said video camera, after a delay period.
3. A system as recited in claim 2, wherein said circuit is configured such that said delay period is settable by a user.
4. A system as recited in claim 1, further comprising an infrared bandpass filter over a lens of said video camera.
5. A system as recited in claim 1, wherein said infrared strobe light comprises a light emitting diode (LED) strobe.
6. A system as recited in claim 1, further comprising a video recorder connected to said video camera.

7. A system as recited in claim 6, wherein the video recorder comprises a video cassette recorder.

8. A system as recited in claim 6, wherein said video recorder has the ability to play back in a single frame mode.

9. A system as recited in claim 6, further comprising a monitor connected to said video recorder.

10. A system as recited in claim 1, wherein said circuit is configured to extract a vertical synchronization pulse from the signal received from said video camera and use said vertical synchronization pulse to provide a triggering signal to said infrared strobe light.

11. A system as recited in claim 10, wherein said circuit comprises a video input, a buffer phase shifter circuit connected to said video input, a clamp circuit connected to said buffer phase shifter circuit, a synchronization separator connected to said clamp circuit, a vertical pulse separator connected to said synchronization separator, a variable delay single shot circuit connected to said vertical pulse separator, a variable pulse width single shot circuit connected to said variable delay single shot circuit, and a trigger output connected to said variable pulse width single shot circuit.

12. A method of using a system comprising a video camera, infrared strobe light, and a circuit to capture high-speed motion, said method comprising: connecting the video camera and the infrared strobe light to the circuit; powering the video camera, infrared strobe light and video camera; having the video camera provide a signal to the circuit; and having the circuit fire the infrared strobe light as a result of the circuit receiving the signal from the video camera; and playing the video back.

13. A method as recited in claim 12, wherein the step of having the circuit fire the infrared strobe light comprises having the circuit wait through a delay period before firing the infrared strobe light.

14. A method as recited in claim 13, further comprising setting the delay period.

15. A method as recited in claim 12, further comprising employing an infrared bandpass filter over a lens of the video camera.

16. A method as recited in claim 12, further comprising connecting a video recorder to the video camera.

17. A method as recited in claim 12, further comprising connecting a video cassette recorder to the video camera.

18. A method as recited in claim 16, further comprising connecting a monitor to the video recorder.

19. A method as recited in claim 12, further comprising extracting a vertical synchronization pulse from the signal received from the video camera and using the vertical synchronization pulse to provide a triggering signal to the infrared strobe light.